



COCHRAN'S SKI CLUB COVID-19 GUIDELINES

This document describes how Cochran's Ski Club will follow COVID-19 safety protocols during dryland training to help keep all our members, staff, and volunteers safe. Safety is always our top priority. We rely on members to do their part by following the guidelines outlined below. These guidelines are intended to meet both the state and federal guidance. Please reach out if you have any questions, comments, or concerns. This document will be updated as needed as the pandemic progresses. All Ski Club families and coaches have signed our Commitment to Good Health and Safe Practices.

COVID-19 Health Screening: Parents must perform a health screening prior to drop off. Please check for the following 7 symptoms daily for all members of your household: Do you have a fever of 100.4 F or greater? Do you have a cough? Do you have shortness of breath or difficulty breathing? Do you have chills? Do you have muscle aches? Do you have a sore throat? Do you have a new loss of taste or smell? If you show any of these symptoms, stay home until symptoms subside.

Notify our COVID Coordinator: If you have a positive or presumptive case of COVID or have been in close contact with someone who has confirmed or suspected COVID, please contact our Club COVID Coordinator right away: Bobby Farrell, 802-802-291-0623, bobby@cochranskiclub.com or through Heja. If you can't reach Bobby, contact your coach directly.

Face coverings: Coaches: It is mandatory for adults to wear a face covering at all times except during strenuous activity. Athletes: All athletes are required to wear a face covering when indoors and 6 feet distancing cannot be maintained (e.g., first aid scenarios). We recommend wearing face coverings at all times except during strenuous activity. If face coverings are wet they are no longer effective, so bring spares.

Drop off and Pickup Protocol: There will be a check in process when you arrive at dryland for contact tracing purposes, so please arrive on time so we can get everybody checked in. Parents: if you would like to stick around and watch dryland you are more than welcome, you will be asked to check in when you arrive as well.

Bathroom: The lodge restrooms are available.

Hand Sanitizer: All athletes and coaches should bring their own hand sanitizer.

Physical Distancing and area congregation limits: All Cochran's Ski Club members must maintain 6 ft distancing. Practice physical distancing when waiting in line, etc.